**St. Thomas More Catholic Primary School**

“Learning to love, live and celebrate as we grow in the knowledge and love of Christ“

**Physical Education Policy**

**Intent**

At St Thomas More Primary School we aim to inspire all children to develop a love of physical activity and sport. The aim of our PE programme is to develop children's basic physical competencies, build confidence in their ability and build the foundations for a lifelong love of sport, physical activity and a healthy lifestyle.

Through good physical education, whole school values and a whole child approach, we aim to nurture confident, resilient children who will strive for their personal best. We listen to our children’s wants and needs and provide them with a range of active experiences and clubs. We want to aid our children in obtaining the values and skills to celebrate and respect the success of others, as well as modestly celebrating their own successes.

We aim to ensure that our delivery of physical education allows all children to have the skills and mindset to leave primary school with the capabilities to be successful in their sporting challenges and active lifestyles at secondary school and beyond.

We strive to educate both our children and families to develop a greater understanding on how to live healthy lifestyles and make healthy choices. We are dedicated to ensuring healthy minds, as well as bodies and will continue to support our children's well-being. We have strong links with local partnerships within our community to ensure the children and families receive the support and knowledge they need. PE lessons encourage children to compete against themselves and others whilst being challenged to improve their physical, social, emotional and thinking skills. These skills are embedded in the heart of our planning.

Our objectives in the teaching of PE align with the National Curriculum in that we aim to ensure all pupils:

Develop competence to excel in a broad range of physical activities

 Are physically active for sustained periods of time

Engage in competitive sports and activities

Lead healthy, active lives

**Implementation**

* We provide challenging and enjoyable learning through a range of sporting activities including invasion games, net & wall games, striking and fielding games, gymnastics, dance, health and fitness, outdoor and adventure and swimming.
* At St Thomas More Primary School PE is delivered by the class teacher, for two hours a week, covering one or two different sports/ skills focuses each half term.
* Where possible, year groups doing similar sports/skill focuses are grouped to allow for minimal disruption to lesson to prepare resources. When doing swimming this replaces one of the PE topics for that time.
* For swimming, the classes go to our local sport centre where the swimming lessons are coached by a specialist coach, who follow the national curriculum guidance.
* Our PE lessons are planned using the Get Set 4 PE platform, which aligns with our core values, our child friendly approach to PE and the objectives laid out in the National Curriculum. Get Set 4 PE is planned so that progression is built into the scheme from EYFS to Year 6 as we leave nothing to chance.
* The curriculum planning in PE is carried out in three phases (long-term, medium-term and short- term). The long-term plan maps out the PE activities covered in each term during the key stage. The PE subject leader works this out in conjunction with teaching colleagues in each year group. Together we create a broad and balanced curriculum that is exciting for our children to learn through. Our medium-term plans give details of each unit of work for each term. The short-term lesson plans provide opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area.
* The schemes of work provide an overview of the unit, links to other areas of the National Curriculum and assessment criteria for that unit.
* All staff can access the Medium-Term planning and assessments for each class throughout the academic year online.
* We offer children opportunities across a variety of extra-curricular activities, coached by staff and external coaches. Staff run lunchtime clubs which are supported by our sports ambassadors and heathy active live leaders.
* Our school is a member of the Dacorum Schools Sports Network, who host a range of festivals for different age groups. Children are invited to attend sporting events and festivals within the local area and beyond. This is an inclusive approach which aims to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by children.
* Annually, the school celebrates ‘Healthy Living Week’ to educate and promote a healthy lifestyle and physical activity. Children engage in different workshops, activities and sports, and the week culminates with our whole-school Sports day.
* We currently offer Football, Table tennis, Kurling and Netball as extra-curricular activities.

**Impact**

Our curriculum is designed so that children are taught a variety of activities throughout their key stage and there is a progression journey through all of these. These activities are chosen in line with local secondary schools to allow for continued progression. Each area of PE also has a progression ladder which shows progression from EYFS to Year 6.

Children also deepen their understanding of PE, year on year, by being introduced to specific vocabulary which is also mapped on a vocabulary pyramid for each area.

Children have the opportunity to take part in extra-curricular activities and demonstrate their new skills in intra and inter sports competitions. Children will become confident within the different strands of PE and show resilience when tackling new skills.

**EYFS**

We encourage the physical development of our children in the nursery and reception class as an integral part of their work. As these classes are part of the Foundation Stage of the National Curriculum, we relate the physical development of the children to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged three to five years of age.

We encourage the children to develop confidence and control of the way they move, and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

**Assessment**

Our teachers assess the children’s work in PE, both by making informal judgements, as they observe them during lessons, and through assessing against the specific objectives set out in the National Curriculum and recorded using the Get Set 4 PE assessment software. We have clear expectations of what the pupils will know, understand and be able to do at the end of each Key Stage. Teachers are supported with resources to know how to prepare children for their next phase of education. These resources include the Get Set 4 PE progression of skills document, progression ladders and knowledge organisers.

**Monitoring and Reviewing**

The planning and coordination of the teaching of PE is the responsibility of the subject leader, who:

Supports colleagues in their teaching, providing a strategic lead and direction;

Evaluates the strengths and areas for development in the subject through staff and pupil voice questionnaires;

Reviews evidence of the children’s work and observes PE lessons.

The quality of teaching and learning in PE is monitored and evaluated by the subject leader and is overseen by the curriculum leader.

**Health and Safety**

We recognise that participation in PE and Physical Activities contains an element of risk. Staff are responsible for ensuring that they are familiar with safe practice to reduce the element of risk to the absolute minimum within their control.

Staff are aware of pupils who have special needs with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma.

Staff know about the safe practices involved in moving and using apparatus. Pupils wear appropriate clothing, remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible they should be securely taped and the teacher is confident this strategy is effective. Our School has a PE kit for all children, which children wear on the day that they have PE.

Pupils may be asked to remove shoes when participating in indoor activities such as gymnastics, dance and yoga.

Correct use of equipment is taught along with any potential hazards, including completing a risk assessment for each area/ space that PE and school sport takes place in.

Equipment and apparatus are stored safely at the end of each lesson, unless the next class will be using the same equipment.

Pupils are taught to consider their own safety and that of others at all times.

Teaching staff should be appropriately dressed to teach PE. We undertake an annual Risk Assessment of the school premises and areas where PE is taught and equipment including PE equipment (PE Lead) as necessary. Risk Assessments are in place for all school sporting trips.